

THE NETHERLANDS



- ★ *VIRTUAL HEALTH & WELLNESS COMPANY OF THE YEAR, A WELLNESS REVOLUTION*
- ★ *GAMECHANGER OF THE YEAR, CATHLEEN BEERKENS, A WELLNESS REVOLUTION*



2020 is here and change is coming. How we each handle the changes will influence our lives, affecting each one of us.

In this new exciting time we are called to look for new solutions to help our wellbeing. We are asking and looking more deeply for answers and clues to our happiness and unique purposes.

Health and wellness are starting to be looked at differently on a global scale. There seems to be a greater understanding that health goes far deeper than just the physical. An increasing number of health care professionals are recognising that 'health and wellness' is an intricate blend of body, mind and spirit and should, therefore, always be viewed holistically.

How can we help businesses and leaders to thrive when they are physically under stress and out of balance? With all this new technology and innovation how can we remain healthy? What does health and wellness actually mean? How much deeper do we need to look? As the new sciences are helping us understand how our body, mind and spirit interact, we get more information about the impact of these changes on ourselves.

Cathleen Beerkens has been working for years to uncover answers to these questions. She is a trained medical professional and as such, saw the challenges and issues 'up close and personal'. She was surprised in the hospital at how disconnected the people were from the true reality of their lives. In her quest to understand 'the why', she gradually became convinced of the importance for a holistic approach to individual health and wellbeing rather than the 'one-size-fits-all' approach that so often plagues generalised healthcare today.

To quote Cathleen herself, "I believe that when people understand the body, mind and spirit connection - the way we work as a whole - they start to change and heal on another level".

Hence, A Wellness Revolution was established with a commitment to helping people understand the role they themselves may play in their own 'health and wellness story'. It's not just about what we 'put' in our body, but also what we think, what we believe and how we interact with ourselves that can have a tremendous impact. We are far more powerful than we realise - we simply need to understand and embrace that. Health and Wellness Coaches will play an enormous role in helping people evolve and find new paths. They will look to help their clients change behaviours and make lifestyle changes.

A Wellness Revolution trains individuals to become Certified Health and Wellness Coaches through an accredited and comprehensive 6 month course. They are on the cutting edge of new scientific and behavioural research that helps their coaches become effective change agents!